



Starters

Soul Garden Pickle Plate \$10 V GF

Assorted Pickled Vegetables

Happy Bird Farm Maple Chili Wings \$12 (Isle La Motte/Rochester, VT)

Fried Green Tomatoes \$12 V (Weybridge/Rochester, VT)

w/Sweet & Spicy Cream Sauce, Uphill Farm Micro Greens

PEI Mussels Scampi \$14 GF

w/Tomato, Basil, in a Garlic White Wine Butter Sauce

Broccoli Cheese & Crackers \$11 (Cabot/Springfield/Weybridge, VT)

Butter poached Broccoli in Cabot Cheddar Cheese Sauce, topped w/Buttery Crumbs, VT Bacon & Scallion

Nitty Gritty Hush Puppies \$8 V (Charlotte/Rochester, VT)

w/Maple Sambal Aioli

Salad, Soup & Sides

House Salad w/Maple Red Wine Vinaigrette \$8 V

Classic Caesar Salad \$10 (Salisbury/Norwich, VT)

Soul Caesar Salad \$11 GF (Salisbury/Springfield, VT)

Mixed Greens, Parmesan, Bacon, & house Caesar Dressing

Add Anchovy \$3, Grilled Chicken \$7, Cajun Shrimp \$10 to any Caesar or House Salad

Roasted Jalapeno Corn Chowder \$8 (Weybridge, VT)

V = Vegetarian GF=Gluten Free  = New Item